

Albany Marine Band Warm-up Routine

- ❖ Our routine increases breathing, playing, marching and physical abilities in one series of activities.
- ❖ A daily re-enforcement routine for any instrumental ensemble, or ability level.
- ❖ Similar to Japanese businesses using calisthenics or group activities to motivate workers prior to workday.
- ❖ Enhances abilities.
- ❖ Builds group cohesion.
- ❖ Re-enforces basic skills to carry over into subsequent rehearsals.
- ❖ Builds physical strength needed to complete any musical task.
- ❖ Can be used as a complete set, or in part.

Breathing

- ❖ Re-enforcement of good breathing habits.
 - ❖ Strengthens abdominal muscles used by musicians.
 - ❖ Helps meet musical phrasing needs.
1. Open Air (Open mouth and throat making no sound while inhaling)
 - Inhale as much air as possible in ten short, staccato-like breaths.
 - Exhale using steady air stream, accenting on beats for ten counts.
 - Do ten times.
 2. Resisted Air (Push air out using abdominal muscles)
 - Same as Open Air, except exhale with a hissing sound creating more resistance.
 3. Expanded Lungs
 - Conductor gives preparatory beat as if playing.
 - Inhale as much as possible.
 - Take in more air in “sips” until you can’t hold any more.
 - Stretch arms up and move upper body side to side expanding the ribcage.
 - Sip more air and hold it.
 - Conductor cues exhale; push all air out as quickly as possible.
 - Do exercise twice.

Playing

- ❖ Apply the breathing techniques discussed above.
 - ❖ Breath deep pushing air out, even after losing the tone of the note.
 - ❖ Balance the sound, listen and tune as dynamics change.
 - ❖ All references are concert pitch.
1. Remington’s (Each two chord set done in one breath)
 - B flat major chord, pianissimo.
 - On conductor’s guidance, crescendo evenly to fortissimo.
 - Decrescendo evenly to pianissimo on A major chord (If pitch is lost, continue exhaling until completely out of air).
 - Then B flat major to an A flat major chord.
 - B flat major to a G major chord.

- Continue down chromatically at the conductor's discretion.
2. "What Not" Chords (Use staggered breathing)
 - First chair players hold B flat the entire exercise.
 - Remaining instruments play balanced E flat major chord.
 - Conductor moves chord down chromatically to B flat major chord.
 - Conductor also randomly uses crescendo and decrescendo.
 - Can be played using minor chords as well.
 3. Maggio's (Use snare drum for tempo)
 - Start on B flat scale.
 - Pulse downbeats to steady tempo.
 - Continue scales up chromatically through one octave.
 4. Circle of Fifths (Weak side)
 - Start on B flat major scale (minor scales may be substituted if majors are accomplished).
 - Move through the Circle of Fifths scales.
 - Hold the final note at the conductor's discretion.

Marching

- ❖ Re-enforcement of areas needing constant attention.
- ❖ Improves foot placement on beat.
- ❖ Helps to decrease fazing.
- ❖ Enhances peripheral vision.
- ❖ Directly transferable to field drill.

1. Mark Time (Use single snare drum for tempo)
 - Drum Major gives mark time.
 - Pay strict attention to:
 - a. Foot placement on the beat.
 - b. Upper body stability.
 - c. "Creeping" in any direction.
2. Mark Time Plus
 - Same as exercise one, except play the circle of fifths in major.
 - Use the same pattern as described in playing exercise four.